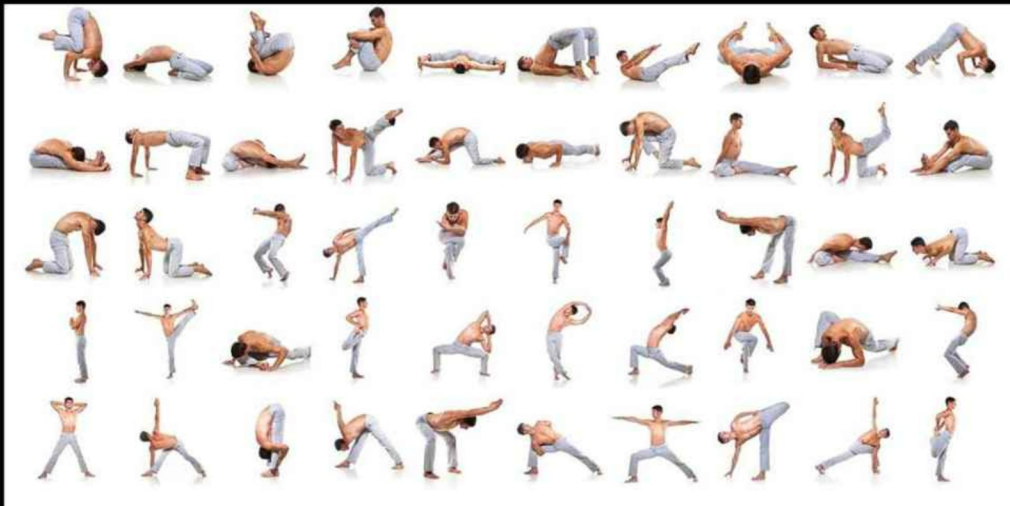


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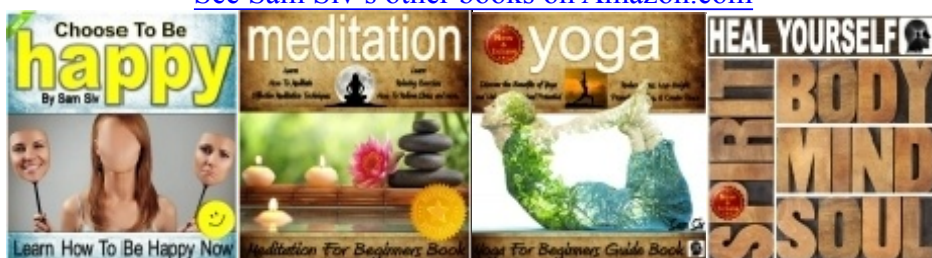
By Sām Siv

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Angle**



Pose: Supta Padangusthasana Or Reclining Hand-To-Big-Toe



Pose: Sarvangasana Or Shoulder Stand



Pose: Ardha Shalabasana Or Half Locust Pose



**Pose: Prasarita Padotasana Or Wide Legged Forward
Bend C**



**Pose: Adho Mukha Savanasana Or Downward Facing
Dog**



Pose: Namaskar Or Salutation



Pose: Triyak Bhujangasana Or Twisting Cobra



**Pose: Adho Mukha Savanasana 2 Or Downward Facing
Dog 2**



Pose: Utthita Trikonasana Or Extended Triangle Pose



Pose: Eka Pada Karnapeddanasana Or Leg Fold Plough Pose



**Pose: Prasarita Padottasana A Or Wide Legged
Forward Bend A**



Pose: Saral Hasta Bhujangasana Or Straight Arm (Sky Face) Cobra Pose



Pose: Ardha Matsyendrasana Or Half Spinal Twist Pose



Pose: Ananastasana Or Side Reclining Leg Lift Pose



Pose: Salamba Sarvangasana Or Supported Shoulder Stand



**Pose: Urdhva Mukha Paschimottanasana Or Upward
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Pose: Baddha Konasana Or Cobbler Pose Sitting



Pose: Bhujangasana Or Cobra Pose



Pose: Halasana Or Plow Pose



Pose: Triyak Bhujangasana Or Twisting Cobra



Pose: Purna Titli Asana Or Balancing Butterfly Pose



Pose: Shalabhasana Or Locust Pose



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Pose: Paschimottanasana Or Seated Forward Bend



Pose: Sirsasana Or Headstand



Pose: Paschimottanasana Or Seated Knee Bent Toe Touches



Pose: Anantasana Or Sleeping Vishnu Pose



Pose: Ustrasana Or Camel Pose



**Pose: Pawanmuktasana Or Wind Relieving Pose In
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Pose: Paschimottanasana Or Seated Forward Bend



**Pose: Eka Pada Rajakapotasana Or One Legged King
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**Pose: Vakra Hasta Bhujangasana Or Curved Hands
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**Pose: Prasarita Padottanasana B Or Wide Legged
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Pose: Hanumanasana Or Splits Pose



Pose: Pose: Bhikasana Or Frog Pose



Pose: Balasana Or Child's Pose



Pose: Mukta Hasta Sirsasana Or Free Hands Head Stand



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Pose: Vajrasana Or Diamond Pose



Pose: Salabhasana Or Locust Pose Hands On Head



Pose: Bhikasana 2 Or Frog Pose 2



Pose: Salamba Sirsasana Or Teady Bear Headstand



Pose: Supta Virasana Or Reclining Hero Pose



Pose: Pavana Muktasana Or Wind Relieving Pose



Pose: Ashva Sanchalanasana (A) Or Horse Riding A



**Pose: Urdhva Upavistha Konasana Or Upward-Facing
Open Angle Pose**



Pose: Setu Bandhasana Or Bridge Pose



Pose: Naukasana Or Boat Pose



Pose: Ananda Balasana Or Happy Baby Pose



Pose: Laghu Vajrasana Or Little Thunderbolt



**Pose: Prasarita Padottanasana A Or Wide Legged
Forward Bend A**



Pose: Paschimottanasana Or West Stretching Bend



Pose: Ardha Purvottanasana Or Table Top Pose



Pose: Janushirasana Or Head To Knee Pose



Pose: Utthita Marjaryasana Or Extended Cat Pose



**Pose: Bibhaktapada Janushirasana Or Sep Leg Head
To Knee**



Pose: Chaturanga Asana Or Plank Pose



Pose: Eka Pada Marjariasana Or Single Leg Cat Pose



Pose: Ardha Baddha Padmasana Or Half Bound Lotus Pose



Pose: Utthita Marjaryasana Or Extended Cat Pose



**Pose: Paschimottanasana B Or Seated Forward Bend
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Pose: Dynamic Majariasana Or Relaxing Cat Pose



Pose: Majariasana Or Cat Stretch Pose



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Pose: Utkata Konasana Or Goddess Pose



**Pose: Parsva Tadasana Or Twisted Leg Sidebending
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Pose: Parivrrtta Trikonasana Or Twisting Triangle Pose



Pose: Padahasthasana Or Hand At Foot Pose



**Pose: Dandayamana Bibhaktapada Janushirasana Or
Sep Leg
Head To Knee Pose**



Pose: Hastapadasana Or Standing Forward Bend



**Pose: Parivrtta Parsvakonasana Or Revolved Extended
Side Angle Pose**



Pose: Virabhadrasana 2 Or Warrior 2 Pose



**Pose: Baddha Ardha Chandrasana Or Bound Half
Moon Pose**



**Pose: PARIVRTTA PARSVAKONASANA Or Twisted
Side Angle**



**Pose: Utthita Eka Pada Rajakapotasana Or Standing
One Legged King Pigeon Pose**





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